



Northeastern Pennsylvania LIFESTYLES™

OVER 50

ANNUAL DIRECTORY 2025

Aging In Place —

p. 8-9

Senior Care Services —

p. 10-11

Senior Housing —

p. 16-17

Professional Services —

p. 18-19

FREE



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Cover Story

ANNUAL DIRECTORY



Dear friends,

This issue is extra special — we've put together a Resource Directory packed with helpful contacts, local services, and programs designed just for you.

Whether you're looking for ways to stay active, find support for health and

wellness, connect with your community, or explore new hobbies, this directory is your go-to guide.

Think of it as a friendly companion you can turn to anytime you need a little guidance or inspiration. Of course, there's more than just listings.

We've included articles, tips, and ideas to brighten your days, keep you curious, and help you embrace all the joys this season brings. Our hope is that this issue not only informs, but encourages you to try something new, reach out, and savor the little moments that make life meaningful.

Thank you for letting us be a part of your journey!

Marci Kacyon
Executive Editor

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www.L-Aadvertising.com/LIFESTYLES

TABLE OF CONTENTS

Pay It Forward	4
Tech Savvy Seniors	5
In Your Neighborhood	6
Area Agency on Aging	7
Care Feature - Aging in Place	8
Care Feature - Aging in Place	9
Care Feature - Senior Care Services.....	10
Care Feature - Senior Care Services.....	11
Fall Leaves	12
Fall Bucket List.....	13
Boost Your Immunity	14
Jokes	15
Care Feature - Senior Housing	16
Care Feature - Senior Housing	17
Care Feature - Professional Services	18
Care Feature - Professional Services	19
Games And Activities	20-23
What To Do With Your Grandchildren	24
Events Calendar.....	25
Giving Back	26

Northeastern Pennsylvania
LIFESTYLES
OVER 50

LIFESTYLES Over 50 Northeastern Pennsylvania is a print magazine distributed 6x annually, connecting seniors with local healthcare providers, senior living facilities, health-related resources, healthy-living activities and community events. Delving into topics of interest to seniors of NEPA, we hope to encourage vibrant, healthy and productive living through the stories we share about the people we meet and the businesses that serve this great region.

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**COVERING 10 COUNTIES
OF NORTHEASTERN
PENNSYLVANIA**



Pay

IT FORWARD

CALLING ALL NONPROFITS & VOLUNTEERS

LIFESTYLES Over 50 Northeastern Pennsylvania is a print magazine distributed 6x annually, connecting seniors with local healthcare providers, senior living facilities, health-related resources, healthy-living activities and community events. Delving into topics of interest to seniors of NEPA, we hope to encourage vibrant, healthy and productive living through the stories we share about the people we meet and the businesses that serve this great region.

Pay it Forward

Each issue, LIFESTYLES Over 50 Northeastern Pennsylvania intends to “pay it forward” by recognizing a local nonprofit or volunteer for their work, and with a check donation – a small token of our appreciation for your commitment to our seniors of NEPA.

If you are a local nonprofit or volunteer serving within our coverage area of Northeastern Pennsylvania (see our counties map on page 3), we’d like to hear from you. Please call 610-799-3382 or e-mail your information to NEPA@LIFESTYLESover50.com

Spirit Of Giving

VOLUNTEERING AMONG SENIORS

Volunteering among seniors has been linked to improved quality of life, stronger social networks, increased levels of physical activity, and lower mortality rates. One of the key benefits of volunteering is social support, and the prevention of loneliness and isolation. Following are a few more!

It’s good for your mental health

Volunteering keeps the brain active, which contributes to better mental health. Meaningful and productive activities can help you feel happier and provide you with a positive outlook on life.

It increases physical activity

Volunteering keeps you moving, whether you are serving meals at a shelter, helping to clean up your local parks, or walking with someone as a companion.

It gives you a feeling of purpose

Children grow up and move out of the house, we retire from our jobs, and family and friends pass away. Regaining a feeling of purpose through volunteering can help older adults feel recharged with a new purpose for living.

It helps you learn new skills

Many volunteer activities allow you to try things you’ve never done before and learn new skills. Embrace opportunities that are a little outside of your comfort zone.

Following are just a few organizations that could use your help:

- Area Agency on Aging
- Foster Grandparent Program
- Meals on Wheels
- Ombudsman Program
- Senior Community Service Employment Program
- Senior Companion Program

Call 610-799-3382 or e-mail NEPA@LIFESTYLESover50.com and we’ll be happy to refer you to the right organization and contact.

Tech Savvy Seniors

SMART TECHNOLOGY IN AUTOMOBILES

Features like smartphone integration and wireless charging are now standard in many new vehicles – a convenience rather than a luxury. The concept of smart cars is gradually becoming a reality in the automobile industry and has exposed the every-day consumer to a more convenient and eco-friendly means of driving. With further development, one will be able to expect even more features, such as the following listed below, will define the future of driving.

Enhanced Safety Features: A major benefit of smart technology is that of safety. Most of today's automobiles have numerous safety features intended for the driver and occupant of the car. For example, collision avoidance includes now both sensors and cameras used to identify any danger on the road. Such systems are capable of over-riding the vehicle and applying the brakes or even turning it in order to prevent an accident. Another useful feature is driver assist systems, such as lane assist. This sort of technology enables the automobile to maintain its lane by applying steering when the driver is drifting. Furthermore, the long-time feature of cruise control has been recently adapted to detect the car ahead and adjusts the speed of your vehicle in accordance to actual traffic flow. These three features alone minimize the chance of having an accident and generally improve the safety of our roads.

Autonomous Driving Capabilities: The most futuristic invention of smart cars' is related to self-driving technology. Continued advances in technology are making it possible for smart cars to be developed with reinforced semi-autonomous systems in the meantime. Some of these include parking systems that can park the car in parallel or park the car perpendicularly with little or no direction from the driver. Another is the highway driving assistance that is capable of controlling steering, acceleration, and deceleration on the road.

Analyzing the fact that technology is progressing at such a rapid pace, it is feasible to conclude that even more sophisticated systems for fully-autonomous driving vehicles are just down the road.

Eco-Friendly Innovations: A significant number of today's automobiles are electric or hybrid cars which emit less carbon than standard or gasoline automobiles. Full electric vehicles do not contain a gasoline engine and solely rely on electricity while hybrids contain both a regular and gasoline engine with an electric motor for better efficiency. Also, the smart car can be equipped with special energy-saving options as, for example, the system of regenerative brakes that can recover energy at the time of car braking. This energy can be used to either power the car's electrical components or to recharge the battery, which in any case means better fuel economy and improved emissions.

Personalized Driving Experience: One of the unique features of smart car technology is the self-actualization feature where passengers can customize the car's environment. Safety and convenience, including driver seat and steering wheel adjustments, climate control, and special driving modes, are configurable with the use of higher-level driver profiles. In addition, smart cars now have the ability to learn the existing patterns of the car usage and even give tips as to how it should be driven to be more effective and as comfortable as it can be for the driver and passengers. For instance, the automobile may recommend different car routes depending on the traffic flow and the driver's choices to minimize oncoming traffic jams.

Smart technology in automobiles offers improved safety measures, autonomous driving capabilities, environmentally-friendly systems, and customized driving preferences that are paving the way to a new and exciting future in driving.

Sources automotive-technology.com and usnews.com

In Your Neighborhood

DALTON, PA

A Borough in Lackawanna County

QUICK FACTS

County: Lackawanna

Population: 1,284 (2020 census)

Mayor: Aaron Holzman

Website: Daltonboroughpa.org



1891 – Birds eye view of Dalton, Pa. Drawn by Thaddius Morton Fowler.

Dalton is a borough in Lackawanna County, located approximately eight miles north of the city of Scranton and approximately three miles north of Clarks Summit.

Dalton Borough was incorporated in 1895 from North Abington Township and named in honor of Dr. Edward Dalton, a Civil War surgeon and superintendent of the New York City Board of Health. The borough was originally known as Bailey Hollow from the predominance of families of that name who were pioneers in the area.

Most of the founders of Bailey Hollow hailed from Connecticut and Rhode Island and made their living as farmers and lumbermen. The first settler was George Anson Bailey in 1801 from Coventry, Rhode Island. His first dwelling was a log cabin that he built at what became West Main and Bank Streets. In 1819 he established a permanent residence just above the future Lackawanna Trail (Routes 6 & 11).

The coming of the railroads began in 1850-51, which opened Bailey Hollow to a new era of expanded commercial, agricultural and residential opportunity when the Delaware, Lackawanna & Western Railroad (DL&W) extended its reach through Dalton, with the purpose of hauling coal out of the Lackawanna River Valley to the DL&W's eastern terminus of Hoboken, NJ. It ran from Scranton to Great Bend and connected with the Erie Railroad, eventually creating a land bridge between the Great Lakes (in Buffalo, NY) and the Atlantic Ocean.

Today, when you drive through Dalton on the Lackawanna Trail (Routes 6 & 11), you are actually following the route of the DL&W's old railbed – the transformation from train tracks to paved highway wouldn't be finalized until 1922.

Increased traffic spawned the construction of new facilities and services for travelers, especially the provision of overnight accommodations and temporary quarters for visitors. Thus, in the early 1850s Lyman Dixon opened Dalton's first hotel in a building that he erected on the corner of East Main Street and Lily Lake Road. He maintained a tavern in the hotel, and the popularity of the tavern, combined with the successful booking of rooms, allowed the hotelier in 1855 to build a new and much larger establishment closer to the center of town, the Dalton House, whose doors remained open until 1886.

Through the years both the park on Mill Street and the carnival grounds on Bank Street have featured countless family-fun and specialty-entertainment events. Another outdoor attraction for Dalton is the network of walking trails through woodlands and meadows along the old Northern Electric Trolley corridor. The accomplishment has been the mission of the Countryside Conservancy since 1994 and now provides walkers and bikers with trails that run from State Street in Clarks Summit to near the Church of the Epiphany in Glenburn, from Glenburn to South Turnpike Road in Dalton, from Cherry Street in Dalton to La Plume, and along mountainside vistas just above Keystone College's campus in Factoryville.

Sources Wikipedia and daltonboroughpa.org



Remain **ACTIVE** in your community
and maintain your **INDEPENDENCE.**



For information on how our agency can help you access our services,

please call 570-822-1158 or 1-800-252-1512

Aging In Place

CARE FEATURE



ActiveDay Health Care	1122 Highway, 315 Blvd. Wilkes Barre PA 18702 570-823-5161 plains@activeday.com www.ActiveDay.com	ActiveDay Health Care – A home away from home: provides programs for seniors and disabled adults such as, therapeutic activities and rehabilitative therapies in a positive, people-focused way. ActiveDay Home Care – Offers in-home care assistance and senior home health care while lifting the burden of these day-to-day activities.
Allied Services	Allied Services Corporate Center 100 Abington Executive Park Clarks Summit, PA 18411 570-348-1348	Allied Services is a non-profit, integrated health system providing Hospice & Palliative Care, At-Home Care, and In-Home Care. Allied Services also offers community, rehabilitation, and transitional care services to help you or your loved one recover from an illness, injury, surgery, or manage the symptoms of a chronic condition.
 B/S/S/T Area Agency on Aging, Inc.	220 Main Street Towanda, PA 18848 1-800-982-4346 www.bsstaaa.org	Senior Companion Program. As a Senior Companion, you provide assistance to older adults with various health issues or simply needing companionship by preparing lunch, playing games, reading, or accompany them to appointments. Volunteers must be income eligible and 55 or older. Call for details.
	6252 Route 209, Stroudsburg, PA 18360 570-223-2248 Diana.Hohmann@ brightstarcare.com	BrightStar Care is licensed as both a Home Care Agency and Home Health Care Agency serving the areas of Lehigh, Monroe and Carbon counties. Its nurses, therapists, CNAs, and caregivers deliver care in the comfort of home: from companionship, bathing, and hygiene assistance, to in-home infusions, and medication management.
Comfort Keepers	549 Scranton Carbondale Hwy. Scranton, PA 18508 570-307-2273	Comfort Keepers is recognized as a leading provider of quality in-home senior care. Their Interactive Caregiving™ approach to four pillars of care is designed to raise a seniors' quality of life. These include: an active senior mind; a physically active senior; a well-nourished senior; and a safe senior.

Aging In Place

CARE FEATURE



Griswold Home Care	529 Seven Bridge Rd. Suite 214 East Stroudsburg, PA 18301 570-798-1295 570-424-7678 www.GriswoldHomeCare.com	Griswold Home Care provides compassionate home care for the elderly and those with special needs. Founded by the late Jean Griswold in 1982, the characteristics that make Griswold Home Care unique is referred to as Griswoldness. Services include companion care; hospice and palliative care; respite care; live-in care; and more.
Home Instead	506 North State St. Clarks Summit, PA 18411 1-888-607-0308 www.HomeInstead.com	Home Instead provides dependable, compassionate senior home care services to help people at any point within the aging process. They'll work with you to develop a personalized care plan tailored to help fit your family's in-home needs, including Alzheimer's care, hospice support, transportation and companionship.
	Call a LIFE Geisinger center near you. Scranton: 800-395-8759 Wilkes-Barre: 844-835-2766 Kulpmont: 866-230-6465	Helping older adults live independently, at home. This all-inclusive model of care includes preventive care, medical care, social services and long-term care, when necessary. Participants enjoy socialization, coordinated healthcare, personal care, meals, and transportation to and from home to a LIFE Geisinger center.
Telespond Senior Services	Colleen Garrison Director, Foster Grandparent Program 1200 Saginaw St., Scranton, PA 18505 570-961-1950, ext. 330 www.telespond.org	Providing community-based care to older adults and caregivers to enhance the well-being of older adults by promoting independent living, offering low-cost alternatives to institutionalized care, and collaborating with service providers and healthcare experts to ensure an effective program. Inquire about their Foster Grandparent Program for senior volunteers.
Visiting Angels	2275 Milford Rd. East Stroudsburg, PA 18301 570-609-2996 www.VisitingAngels.com	Visiting Angels will customize a care program to meet all your needs. Their job is to maintain your loved one's routine to continue living comfortably at home. Visiting Angels will match you with a professional senior home care provider to offer elderly companionship, private duty, palliative, dementia, and other senior care services.

Senior Care Services

CARE FEATURE



	Pennsylvania Office 60 Plaza Lane Wellsboro, PA 16901 570-298-7021 www.a4td.org	Associates for Training & Development (A4TD) provides training and employment services to mature workers. One of its most popular programs is the Senior Community Service Employment Program (SCSEP), a work-based, job-training program for older adults. Authorized and funded by Title V of the Older Americans Act, the program provides training for low-income, unemployed seniors.
Area Agency on Aging	Aging.pa.gov	The Area Agency on Aging (AAA) is part of the Pennsylvania Department of Aging, serving the needs of mature adults out of 52 offices across all 67 counties of Pennsylvania. A short list of programs include: Adult Day Centers, Senior Community Centers, Foster Grandparent Program, Home Delivered Meals, Mature Worker Program, and more.
	Scranton 866-986-1948 Kingston 866-566-2967 Wilkes-Barre 866-595-7921 Hazleton 866-288-5302	At Geisinger 65 Forward, you get more time with your doctor and more access to personalized care. With a variety of services all under one roof, and the ability to make same-day appointments, it's a new approach to primary care for people 65 and older focused on your health needs.
	mealsonwheels america.org	Meals on Wheels operates in virtually every community in America through its network of more than 5,000 independently-run local programs. While the diversity of each northeast Pennsylvania program may vary, they are all committed to supporting their senior neighbors to live healthier and more nourished lives in their own homes.
	570.677.6988 nepaagingsecretary@gmail.com	NEPA Aging Network Alliance (NANA) is a non-profit inter-agency group with the goal of promoting awareness of services and issues affecting older adults in northeast Pennsylvania. Members are caring professionals representing different businesses and organizations available to help answer questions from healthcare insurance, elder law, short and long term care options, and more.

Senior Care Services

CARE FEATURE



	Neal Gallagher, Director 62 Analomink Street East Stroudsburg, PA 18301 570-420-3747	Monroe Senior Volunteer Program MSVP is America's largest volunteer network for people age 55+ by matching the talents, skills, and experiences of its volunteers with the needs of area non-profit agencies, schools, government offices, and other organizations. MSVP is sponsored by the Area Agency on Aging and the County Commissioners.
Serving Seniors – Ombudsman Program	Lackawanna County lkorgeski@servingseniornepa.org Luzerne and Wyoming County sdrake@servingseniornepa.org mgabrielle@servingseniornepa.org Monroe, Pike, and Wayne County mrspoli@servingseniornepa.org	Ombudsman are trained individuals who advocate to resolve concerns on behalf of individuals who receive long-term care services. Ombudsman provide information to residents and their family about rights, procedures and additional resources within the facility or community.
Special Recreation Services	Debbie Smith President & CEO dsmith@specialrecreationservices.org 570-972-7949 www.specialrecreationservices.org	Special Recreation Services (SRS) is a non-profit organization dedicated to providing recreational, socialization, and habilitation activities for independent adults (18+) who are intellectually disabled, autistic and/or mentally ill. Three quarters of participants are 55+. Group activity programs mainly take place in Monroe County with other services available throughout NEPA.
	570-422-7810 www.TheOALC.org	The Older Adult Learning Community (TOALC) is an independent community organization that offers diversified courses geared to the interests of its members covering topics of art, history, finance, health, sports, philosophy, and writing. Summer outdoor activities often include birding, kayaking, pickleball, Tai Chi, and more. Class leaders and volunteers receive a free membership.
VetAssist	Sue Ellen Engelman VetAssist Regional Manager 570-793-5491 sengelman@veteranshomecare.com www.VeteransHomeCare.com	The VetAssist Program is part of Veterans Home Care that connects a national network of 3,800+ home care agencies with eligible veterans and spouses who need an in-home caregiver. VetAssist clients receive help with transportation, meal preparation, medication reminders, light housekeeping, and personal care such as bathing, dressing, and using the bathroom.

Why Do Leaves Change Color?

BY ART VILLAFANE

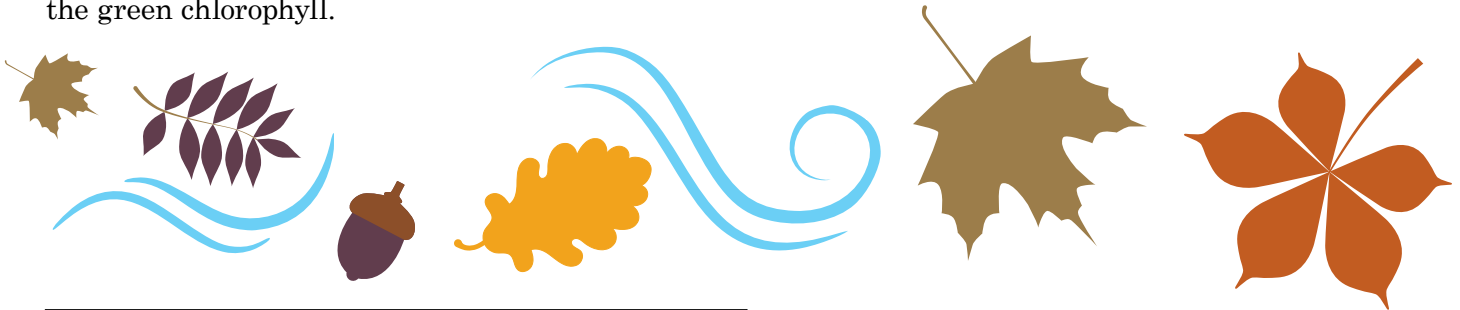
As autumn closes out the days get shorter and shorter. This is how the trees “know” to begin getting ready for winter. During winter, there is not enough light or water for photosynthesis. The trees will rest and live off the food they stored during the summer. They begin to shut down their food-making factories. The green chlorophyll disappears from the leaves.

As the bright green fades away, we begin to see yellow and orange colors. Small amounts of these colors have been in the leaves all along. We just can't see them in the summer, because they are covered up by the green chlorophyll.

The bright reds and purples we see in leaves are made mostly in the fall. In some trees, like maples, glucose is trapped in the leaves after photosynthesis stops. Sunlight and the cool nights of autumn cause the online slots leaves turn this glucose into a red color. The brown color of trees like oaks is made from wastes left in the leaves.

It is the combination of all these things that make the beautiful fall foliage colors we enjoy each year.

Courtesy LIFESTYLES Over 50 Lehigh Valley



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and More
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Acres in the Abingtons
- Daily Social Activities
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*Show me a piano falling
down a mine shaft and I'll
show you A-flat miner.*

When you've seen one shopping
center you've seen a mall.

A rubber band pistol was confiscated from algebra
class because it was a weapon of math disruption.

**Bakers trade bread recipes
on a knead to know basis.**

*Local Area Network in Australia:
The LAN down under.*

**Two hats were hanging on a hat rack in the hallway.
One hat said to the other, 'You stay here, I'll go on a head.'**

Fall Bucket List

SIMPLE JOYS FOR THE SEASON

There's something magical about fall — the crisp air, golden leaves, and the promise of cozy gatherings. Autumn invites us to slow down, savor life's simple pleasures, and make time for what matters most. Whether you're looking to get outdoors, connect with others, or simply enjoy quiet comforts, this **Fall Bucket List** will inspire you to make the most of the season.

1. Take in the colors – Autumn shows us how beautiful it is to let things go.

- **Go leaf-peeping:** Plan a scenic drive or visit a local park to soak in the brilliant foliage.
- **Photography walk:** Bring your phone or camera and capture the reds, golds, and oranges of fall.
- **Pack a picnic:** Enjoy sandwiches and cider under a canopy of colorful trees.

2. Savor the season – There's nothing quite like the taste of fall.



Choose your ideal home from retirement living villas and apartments in various one-level floor plans. All options are maintenance-free, while you focus on what matters most to you.

Meet your neighbors for events, play a round of golf or enjoy a dinner and drink without leaving campus. Located next door, Misericordia University extends wellness, lifelong learning, athletic and cultural programs.

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Contact us today to start planning for your future.

Masonic Village at Dallas
36 Ridgway Drive, Dallas, PA 18612
570-364-4845
MasonicVillageDallas.org



- **Bake something comforting:** Try a new twist on apple or pumpkin pie.
- **Visit a farmers' market:** Stock up on squash, sweet potatoes, and local honey.
- **Host a soup swap:** Gather friends to exchange homemade soups and recipes — it's cozy and fun.

3. Create cozy moments – As the days grow shorter, find comfort in the simple things.

- **Craft for the season:** Make a fall wreath, knit a scarf, or press colorful leaves in a scrapbook.
- **Light a candle:** Choose autumn scents like cinnamon, clove, or apple spice.
- **Decorate your home:** Add a touch of warmth with pumpkins, plaid blankets, or a vase of dried flowers.

4. Connect with Others – Good company and good conversation are the heart of any season.

- **Attend a local festival or craft fair:** Getting outdoors is always enjoyable, especially in the fresh, crisp Autumn air.
- **Plan a game night or potluck dinner:** Celebrate the harvest season with friends or neighbors.
- **Volunteer together:** Help at a community food bank or coat drive – giving back is a wonderful way to warm the heart.

5. Celebrate the Holidays – The best gifts are shared moments and warm memories.

- **Host a friends-giving brunch:** Perfect for connecting with those spending the holiday alone.
- **Create handmade gifts:** Think baked goods, photo cards, or knitted scarves.
- **Enjoy a classic movie:** Curl up with *You've Got Mail*, *Autumn in New York*, or *Meet Me in St. Louis*.

This fall, let yourself be guided by gratitude, curiosity, and connection. Whether you're out among the falling leaves or at home with a mug of tea, there's beauty and joy to be found in every autumn day.

Boost Your Immunity

STAY STRONG & HEALTHY ALL SEASON LONG

When the temperature drops, and the days grow shorter, our immune system can use a little extra care. Colder months often bring more time indoors, less sunlight, and an increased risk of catching colds or the flu. The good news? What you eat can play a big role in keeping your immune system strong and resilient. Here are some simple, nutritional tips to help you stay well this fall and winter:

1. Load Up on Vitamin C

An orange a day really can help keep the sniffles away. Vitamin C helps your body produce white blood cells — the defenders that fight off infections. **Best sources include:** oranges, grapefruits, strawberries, kiwi, bell peppers, and broccoli.

2. Get Your Beta-Carotene

Bright orange and deep green vegetables are rich in beta-carotene, which your body converts into vitamin A — essential for keeping your skin and mucous membranes healthy, your first line of defense against germs. **Best sources include:** carrots, sweet potatoes, spinach, kale, and butternut squash.

3. Don't Forget Vitamin D

Shorter days mean less sunlight — and therefore, less vitamin D. This “sunshine vitamin” is vital for immune health and bone strength. **Get it from:** salmon, tuna, fortified milk, eggs, or a vitamin D supplement (check with your doctor first).

4. Power Up with Protein

Protein helps build and repair body tissues, including those that support immunity. Seniors especially benefit from steady protein intake to maintain muscle and strength. **Good choices include:** lean chicken, turkey, fish, eggs, Greek yogurt, beans, and lentils.

5. Stay Hydrated

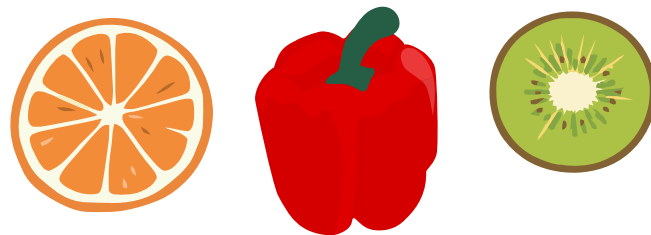
Even when it's cold, your body still needs fluids to stay healthy. Dehydration can make you feel tired and affect your body's ability to fight off illness. **Try:** herbal teas, warm water with lemon, or low-sodium broth.



6. Snack Smart

Instead of sweets, reach for snacks that help nourish your body. **Try:** a small handful of almonds or walnuts (vitamin E for immune support), yogurt with fruit (probiotics for gut health), or sliced apples with peanut butter (fiber + protein combo)

This season, strengthen your defenses from the inside out. A ‘colorful plate,’ steady hydration, and a few cozy kitchen staples can make all the difference in keeping your body (and your spirit) well through the cold months ahead.



Enjoy Every Moment

Tunkhannock Manor offers seniors a safe, secure, home-like community, taking the worries out of daily life. Enjoy an active lifestyle with personalized support based on your individual needs.

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Call 570.836.2983 or email tunkhannockadmissions@umhwc.org for more information about life at Tunkhannock Manor!

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UnitedMethodistHomes.org  



Funny Jokes

If a witch is a twin,
how do you tell
which witch is which?

We squint at the sun because
it is bright. We squint at
people because they aren't.

I accidentally rubbed
ketchup in my eyes.
Now I have Heinzsight.

I finally bought a new pair
of shoes with memory foam
insoles. No more forgetting
why I walked into the kitchen.

For most of us, when you
lose your "khakis," you lost
your pants. When you're from
Boston, when you lose your
"khakis," you lost your car.

*My retirement plan relies very heavily
on having at least one successful kid.*

I always wonder if songbirds get mad at
hummingbirds for not knowing the words.

The other day I yelled into a
colander, and I strained my voice.

*I hired a handyman and gave him a list.
When I got home, only #1, #3 and #5 were
completed. Turns out he only does odd jobs.*

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GerritysDelivers.com

Senior Housing

CARE FEATURE



B'nai B'rith Senior Apartments	61 East Northampton Street Wilkes-Barre, PA 18701 570-825-8594 www.liveatbbwilkesbarre.com	Perfectly suitable to 62+ and mobility impaired senior residents, a newly renovated, modern interior promises a welcoming home and community for comfortable and relaxed living. Located in a central location of downtown Wilkes-Barre, providing easy access to the city's transportation, shopping, restaurant, healthcare and entertainment destinations.
 CLARKS SUMMIT SENIOR LIVING	950 Morgan Highway Clarks Summit, PA 18411 570-586-8080 www.fivestar-seniorliving.com	You'll be greeted by a wide and welcoming front porch of this 'retreat,' nestled in the quaint Pennsylvania suburb of Clarks Summit. Kick back and relax knowing all your needs are taken care of. That means more time for doing the things you love with new friends. Swap stories by the fire in The Tavern, toss back popcorn as the lights dim for a classic flick in the movie theater.
	465 Venard Road Clarks Summit, PA 18411 570-585-4400 www.elan-gardens.com	The gold standard for your senior years! Amenities: private apartments; all-inclusive pricing (inquire); clean, safe environment; located on 20 beautiful acres in the Abington's; daily social activities; healthcare coordination; memory care available. Interested in a temporary stay? Ask about their Respite Care.
Gardens at Tunkhannock	30 Virginia Drive Tunkhannock, PA 18657 570.836.5166 www.gardenstunkhannock.com	The Gardens at Tunkhannock for Nursing and Rehabilitation is located off Route 6 outside of downtown Tunkhannock. The facility has 124 beds for both short-term rehabilitation and long-term nursing care, all on one floor. A caring and professional staff offers a variety of clinical care solutions, including physical, occupational and speech therapy.
Masonic Village at Dallas	36 Ridgway Drive, Suite 1 Dallas, PA 18612 570-675-1866 www.masonic-villagedallas.org	A game of cards, or cocktail hour are never hard to find. Join in social groups, volunteer opportunities and clubs. Any time, day or night, staff will be at your door if you need them. You can customize the look and feel of your apartment or villa, while staff help maintain appliances, interior and exterior repairs and landscaping. You can forget about snow shoveling, leaf raking and mowing.

Senior Housing

CARE FEATURE



The Greens at Shadowbrook	201 Resort Lane Tunkhannock, PA 18657 (570) 285-1575 www.shadowbrookresort.com	Nestled in the picturesque Endless Mountains, The Greens at Shadowbrook provides a setting where the caring, comfort and routines of home are maintained. Therapeutic programs provide mental and physical stimulation. A regular program of social activities encourages personal interaction with others. Along with an on-site restaurant and lounge that serves pizza, sandwiches and a variety of home-cooked meals.
	200 Lake Street, Dallas, PA 18612 (570) 675-9336 www.themeadowsdallas.com	The Meadows Manor offers quality personal care, support and security 24/7 by providing assistance with activities of daily living. Medication management/administration, housekeeping, restaurant dining, vibrant activities and more are provided. They offer Physical, Occupational and Speech therapies allowing residents to receive the care they need in one location.
	4 E Center Hill Rd Dallas, PA 18612 (570) 675-8600 www.themeadowsdallas.com	The Meadows Nursing & Rehabilitation Center is a 130-bed center providing both short-term rehab and long-term care. Their interdisciplinary approach incorporates all departments as a team to aid our residents with compassionate and professional services including Physical, Occupational and Speech therapies. And their philosophy has always focused on residents first.
The Pines Senior Living	1300 Morgan Highway Clarks Summit, PA 18411 (570) 587-7709 info@thepinescs.com www.thepinesclarkssummit.com	Providing personal care for seniors, this community is the perfect solution for seniors in the greater Scranton area who wish to remain independent, but need some assistance with daily living. Locally owned and managed, The Pines provides rich and fulfilling living arrangements with hands-on-care by professional staff focused on the interests and needs of each individual resident.
	Wesley Village Campus 209 Roberts Rd., Pittston, PA 18640 570-655-2891 Tunkhannock Campus 50 W. Tioga St., Tunkhannock, PA 18657 570-836-2983	A faith-based nonprofit organization that operates a continuing care retirement community in the Scranton/Wilkes-Barre area and a personal care campus in Tunkhannock, as well as two multi-level senior living communities near Binghamton, New York. Mission: Provide a wide range of senior living services with exceptional care and compassion.

Professional Services

CARE FEATURE



Abington Audiology & Balance Center	790 Northern Blvd. South Abington Township, PA 18411 570.587-3277 www.abington audiology.com	Dr. Erica Schoenberg Gallagher, Audiologist opened the doors of Abington Audiology & Balance Center in 2007. The staff's number one priority is delivering exceptional patient care – combining years of expertise in hearing healthcare and a variety of services ranging from evaluations to treatment.
Area Agency on Aging – Mature Worker Program	570-822-1159 1-800-252-1512 www.Luzerne county.org	The Mature Worker Program, Senior Community Service Employment Program (SCSEP) sponsored by the Area Agency on Aging for Luzerne and Wyoming counties offers seniors (age 55+) an opportunity to receive the job skills and job leads necessary by assigning a program participant to a government or non-profit agency.
BUCKNO LISICKY & COMPANY Certified Public Accountants Business Consultants	1167 Interchange Rd. Lehighton, PA 18235 610-377-6960 www.buckno lisicky.com	Serving businesses locally and abroad since 1969, Buckno Lisicky & Company's Certified Public Accountants and Business Consultants have the credentials, experience and most advanced computer technology to develop strategic, long-range plans for each and every client. Visit any of their four convenient office locations in Allentown, Bethlehem, Lehighton, as well as New Jersey.
Gannon Associates Insurance	28 Main Street Towanda, PA 18848 570-265-3197 844-GANNONS	Started in 1973, Gannon Associates Insurance can attribute its company's steady growth to one thing: loyalty. With 12 office locations and a service area that covers Pennsylvania, New York and other surrounding states, its friendly and knowledgeable staff are committed to delivering unparalleled service to the communities in which they live and work.
Janney Montgomery Scott	The Butera Jordan Bender Hendricks Group 613 Baltimore Drive, Suite 202 Wilkes-Barre, PA 18702 570-331-2751 www.thebjbhgroup.com	Janney Montgomery begins every relationship with a conversation, helping you identify and prioritize which goals matter most. The team delivers a customized experience to assist clients not only in wealth accumulation and preservation, but in areas that go beyond investments, such as transferring wealth to your loved ones.

Professional Services

CARE FEATURE



	610 Wyoming Avenue Kingston, PA 18704 570-287-8649 www.hearing-center.net	Providing quality-hearing care for over 40 years. They offer the latest hearing aid technology, cutting edge devices that can connect directly to your TV, land phone or cellular phone. Visit their Website to schedule an appointment at any of their five convenient locations.
Life Money Management	120 Bridge St., Suite 5 Tunkhannock, PA 18657 570-406-3312 julianne@lifemoneymanagement.com	Bringing piece to your financial life! Life Money Management is here to help you achieve greater satisfaction and control over your finances through education, organization and money management. Are you finding yourself smack dab in the middle of caring for your aging parents? Sign up for a free tips and tricks guide.
Notary On Wheelz	Wilkes-Barre / Luzerne County 570-793-1834 www.notaryonwheelz.com sonia@notaryonwheelz.com	Sonia A. Ramos Chesson has been providing mobile notary and loan signing services in Northeastern Pennsylvania since 2013. Notary On Wheelz is a full service, Mobile Notary and Loan Closing Company, providing closing services for realtors, real estate developers, lenders, home sellers, and buyers. "Don't move, I will be right there!"
NovaCare Rehabilitation	www.novacare.com/ contact/ find-a-location	Expert clinical care; Compassion; A trusted and a true partner in feeling better: These are shared sentiments from patients on why they chose NovaCare to help them get back to work, sports and life. NovaCare is committed to helping you heal, regain strength and mobility, and reduce pain. Get back to the things you love through the power of physical therapy.
	www.pivotphysicaltherapy.com/ locations	People. Passion. Purpose. Whether you're recovering from an injury, recently undergone a medical procedure, been in a car accident or have other concerns that keep you from being your physical best, physical therapy can help you. With 41 convenient locations in Pennsylvania, Pivot Physical Therapy offers dozens of specialty services to serve your needs.

Games

AND ACTIVITIES

.....SUDOKU.....

7				2	4	6		9
	3		1	8			7	5
		4				3	2	1
5		6		7				
			4		3			
				9		7		4
4	7	2				9		
8	5			4	7		1	
9		1	8	3				7

	6	1					2	
				6	2	4		
	9	2	8		7		1	
7		9	5				6	8
1		5				9		2
2	4				8	7		3
	7		2		6	8	9	
		8	7	5				
	2					6	7	

Sudoku Directions:

Sudoku is played on a grid of 9 x 9 spaces. Within the rows and columns are 9 “squares” made up of 3 x 3 spaces. Each row, column and square (9 spaces each) needs to be filled out with the numbers 1-9,

without repeating any numbers within the row, column or square.

Answers are provided on page 23.

ANNUAL DIRECTORY

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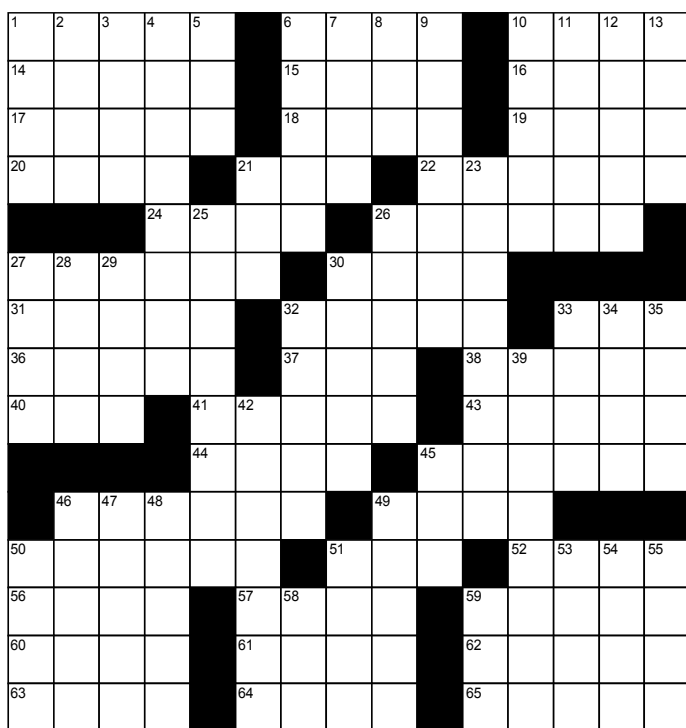
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Games

AND ACTIVITIES

CROSSWORD PUZZLE



ACROSS

- 1 Swelling
- 6 Swirl
- 10 Oceans
- 14 Moderate
- 15 Right
- 16 Mexican sandwich
- 17 Silly
- 18 Foot part
- 19 Writer Bombeck
- 20 Gas burner
- 21 Hushed
- 22 Cultivator
- 24 Cheats
- 26 School writings
- 27 Busyness
- 30 Toss
- 31 Port-a-potties
- 32 Animals in a region

- 32 Animals in a region
- 33 Punching tool
- 36 Expression
- 37 Last
- 38 Master of ceremonies
- 40 Manned
- 41 Not glossy
- 43 Restrict
- 44 Notion
- 45 Lubricators
- 46 Scenes
- 49 Assignment
- 50 Believer in Islam
- 51 Sport's official
- 52 Western Athletic Conferences
- 56 Look
- 57 Far away
- 59 Headquarters of British India

- 60 Regretted
- 61 Seeds
- 62 Asian nation
- 63 Loch __ monster
- 64 Elm
- 65 Take in

DOWN

- 1 Canal
- 2 Indent
- 3 Zeal
- 4 Getting by
- 5 Cutting tool
- 6 Guiding principles
- 7 Depicted
- 8 Deserved
- 9 Soviet leader Boris
- 10 Stone
- 11 Initial
- 12 Peaks
- 13 Glide
- 21 Licensed practical nu
- 23 Hebrews
- 25 Looney Tunes' __ S
- 26 Composition
- 27 Open
- 28 Musical repeat
- 29 Other __
- 30 Present bringer
- 32 Extravagant parties
- 33 Peak
- 34 Net strung across a stream
- 35 Allows
- 39 Milk filled weed
- 42 Unyielding
- 45 Lout

- 46 In style
- 47 Islands
- 48 Childrens sliding toys
- 49 Curt
- 50 Daytime
- 51 Evaluate
- 53 Dog food brand
- 54 Fellow
- 55 River dirt
- 58 Ermine
- 59 Cell stuff

Answers are provided on page 23.

Oxymorons

CONTRADICTING PHRASES

An Oxymoron is a phrase in which two terms appear to contradict each other but we continue to use them in every-day language.

Act naturally

Alone together

All alone

Awfully nice

Bittersweet

Civil war

Clearly misunderstood

Climb down

Crash landing

Day dreams

Deafening silence

Devout atheist

Doing nothing

Dress shirt

Even odds

Feeling numb

Found missing

Freezer burn

Going nowhere

Good grief

Growing smaller

Icy hot

Idiot savant

Impossible solution

Inside Out

Jumbo shrimp

Lead balloon

Living dead

Minor crisis

Minor miracle

New classic

Old news

One-man band

Original copy

Paper towel

Plastic silverware

Pretty bad

Pretty ugly

Random order

Random pattern

Recorded live

Same difference

Seriously funny

Small crowd

Soft rock

Unbiased opinion

Virtual reality

Working vacation

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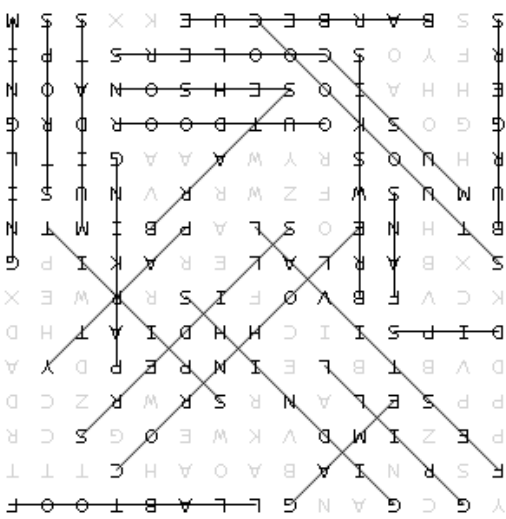
Word Search

Tailgate Party

Y G C G A N G L L A B T O O F
F S R N I A B A O A H C T T T
P E Z I M D V K W E O G S C R
P P S E L A N R S R W R Z C D
D V B T B L E I N P E P D Y A
D I P S I I C H H D I A T H D
K C V F B V O F I S R R W E X
S X B A R L A L E R A K I P G
B T H N E O S L A P B I M T N
U M U S W F Z W R R V N U S I
R H U O S R Y W A A A G I T L
G G O S K O U T D O O R D R G
E H H A I O S E H S O N A O N
R F Y O S C O O L E R S T P I
S S B A R B E C U E K X S S M

Barbecue
Brats
Brewskis
Burgers
Cookouts
Coolers
Cornhole
Dips
FAns
Festival
Football
Game

Grill
Mingling
Music
Noshes
Outdoor
Parking
Party
Shindig
Sliders
Spirit
Sports
Stadium



SUDOKU ANSWERS

9	6	1	8	3	2	5	4	7
8	5	3	9	4	7	2	1	6
4	7	2	6	1	5	9	3	8
3	2	8	5	9	1	7	6	4
1	9	7	4	6	3	8	5	2
5	4	6	2	7	8	1	9	3
6	8	4	7	5	9	3	2	1
2	3	9	1	8	6	4	7	5
7	1	5	3	2	4	6	8	9

9	2	4	3	8	1	6	7	5
6	1	8	7	5	9	2	3	4
5	7	3	2	4	6	8	9	1
2	4	6	9	1	8	7	5	3
1	8	5	6	7	3	9	4	2
7	3	9	5	2	4	1	6	8
4	9	2	8	3	7	5	1	6
3	5	7	1	6	2	4	8	9
8	6	1	4	9	5	3	2	7

CROSSWORD PUZZLE ANSWERS

ED	MA	EDDY	SEAS
RELAX	TRUE	TACO	
INANE	HEEL	ERMA	
ETNA	LOW	TILLER	
GYP	ESSAYS		
ACTION	STIR		
JOHNS	FAUNA	AWL	
ADAGE	END	EMCEE	
RAN	MATTE	LIMIT	
IDEA	OILERS		
VISTA	TASK		
MOSLEM	REF	WACS	
OGLE	AFAR	DELHI	
RUED	NUTS	NEPAL	
NESS	TREE	ADOPT	

What To Do

WITH YOUR GRANDCHILDREN

From Strikes, to Gutter Balls, to Spares, bowling is a fun-filled game that can be spent with family and friends on casual Friday nights, at weekend birthday parties, and rainy-days spent indoors! Bowling in northeastern Pennsylvania offers something for everyone ... no matter your age or skill level. So, round up the grandchildren, your family and friends for a memorable time at any one of these convenient locations.

Back Mountain Bowl | Dallas, Pa.

Dallas offers more than just bowling. They also feature a game room, full-service bar, dining room, and a seasonal ice cream stand. While you're there, be sure to try Spare Time Pizza's Sicilian-style pizza, hailed by many as the best in the area.

Chacko's Family Bowling Center | Wilkes-Barre, Pa.
Chacko's is one of the more popular bowling centers



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TRY BOWLING IN YOUR SPARE TIME

in the area, offering a family-friendly environment with a modern design and computerized scoring. And if you get hungry, enjoy a meal at their Memory Lane Lounge.

Idle Hours North & South | Scranton, Pa.

Idle Hours North offers both open and league bowling. Their facility also features a glow-in-the-dark mini golf course, laser maze, and modern arcade. Enjoy delicious snacks from their on-site snack bar. And for adult beverages and karaoke, visit the Sleepy Hollow Lounge. Idle Hours South is open until 2:00 a.m. nightly, offering bowling, billiards, and darts, along with laser tag and an arcade. And for those that are hungry, be sure to stop by Poor Richard's Pub.

Skylanes Bowling Center | East Stroudsburg, Pa.

Skylanes is the perfect place for a fun night out with family and friends. Every Friday and Saturday evening be sure to attend Rock N' Bowl Night for some unique and exciting fun. Participate in both league and non-competitive bowling. And, after a few games, unwind at the SkyLounge for pizza, snacks, and a fully-stocked bar.

Valley Bowling Lanes | Carbondale, Pa.

Family owned and operated for over 50 years, every Friday and Saturday night, the lanes get transformed into an epic bowling experience with music and special lighting. Valley Bowling also host parties and special events for family and friends to get together.

Wallenpaupack Bowling Center | Hawley, Pa.

Hawley offers something for everyone. Experience cosmic bowling with special lighting or relax over a friendly game of pool. Try your hand at virtual golf or reminisce at the arcades. Or, relax over a casual drink at The Foul Line bar. You can even participate in the many bowling tournaments that are scheduled throughout the year.

Sources discovernepa.com and poconomountains.com

Events Calendar

WHAT TO DO THIS WEEKEND

Autumn Leaf Train Excursions **Now until November 16**

Jim Thorpe Train Station
1 Susquehanna Street, Jim Thorpe, PA 18229
570-325-8485

Ride through scenic Pennsylvania mountain fall foliage on a 45-minute round-trip as you travel over rivers, bridges, and through tunnels. The train runs rain or shine. All Autumn Leaf train tickets must be purchased on the same day, in person, at the ticket booth in Jim Thorpe on a first-come, first-serve basis. No advance sales. An exception will be made for groups of ten (10) or more passengers booking for a weekday.

Maple Syrup Tasting on the Farm **Now until December 19**

Pocono Mountain Maple
116 Secret Eagle Drive, Newfoundland, PA 18445
570-499-8974

Indulge in a tasting of all organic and kosher maple syrup flavors at Pocono Mountain Maple. Pair your tasting experience with complimentary treats from the Farm Store Café. Top off your visit with a refreshing Maple Water tasting – an all-natural hydrating electrolyte drink sourced directly from the maple trees. Reservations are required.

Autumn Dinner Train **Now until November 23**

The Stourbridge Line
Honesdale Station
812 Main Street, Honesdale, PA 18431
570-470-2697

Join The Stourbridge Line for a scenic trip along the Lackawaxen River and enjoy the seasonal changes of the fall foliage while experiencing an amazing dinner catered by Sidel's Restaurant. Dinner includes salad, entree, starch, and dessert. The dining car has tables of two or four. Please note that tables of two are on the forest view side of the train. Seating is assigned in the order that reservations are received.

Ghosts and Graveyards Tour **Now until December 27**

Jim Thorpe Trolley Company
2 Susquehanna Street, Jim Thorpe, PA 18229
570-732-8698

Experience a spine-chilling 75-minute adventure through the haunted streets of Jim Thorpe. Hop on the trolley for a thrilling tour of eerie graveyards, haunted houses, spooky mansions, and the notorious Jim Thorpe Jail. Your live tour guide will weave tales of ghostly encounters and dark history, bringing the area's most fascinating hauntings to life with expert storytelling. Pick-up and drop-off at Jim Thorpe Visitor's Center.

Sources Wikipedia, discovernepa.com and poconomountains.com

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Giving Back

WE WANT TO HEAR FROM YOU!

Giving back to your community through volunteer groups, non-profit organizations, charities or other means does so much to help those in need and contribute to the common good. You can give back in different ways, by giving of your money or your time. No matter how you do it, giving back to your community will touch many people's lives.

Following are three ways by which you can give back:

1 Volunteer: Give back by volunteering your time. You'll be amazed with the people you meet and the experiences you have when you help others in need. Volunteering at your local senior center is a great way to help. Other ways you can help include aiding seniors with daily tasks by keeping them independent and in their own homes.

2 Offer your skills: Are you a handyman? Give back by offering to help a neighbor with some household fixes. A writer? Help your favorite charity promote their work by preparing press releases, managing their social media and updating their Website. Offering your skills to those who can use them is an empowering way to give back.

3 Donate to a charity: Help those in need by giving a few dollars to your favorite charity. Don't have extra money to give? Donate your unused clothing to your local Salvation Army or Goodwill store. Offer your used books to a local library, school or shelter. Or, donate food supplies to an animal shelter or to your local food bank.

Calling all non-profits and volunteers!

LIFESTYLES Over 50 Northeastern Pennsylvania is a print magazine distributed 6x annually, connecting seniors with local healthcare providers, senior living facilities, health-related resources, healthy-living activities and community events. Delving into topics of interest to seniors of NEPA, we hope to encourage vibrant, healthy and productive living through the stories we share about the people we meet and the businesses that serve this great region.

Each issue, LIFESTYLES Over 50 Northeastern Pennsylvania recognizes a local nonprofit, individual or group for their contribution to our region.

If you are a local nonprofit, individual or group serving within Northeastern Pennsylvania (see our counties map on page 3), please call 610-799-3382 or e-mail your information to NEPA@LIFESTYLESover50.com.

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